

FUNDRAISING THROUGH THE SEASONS - SUMMER

Thank you for sharing our vision of a world where diabetes can do no harm. Your dedication, passion and energy funds our life-changing work and allows us to be there for those who need it. Kickstart your fundraising this Summer, and have some fun in the sun for a great cause!

Office sports – make the most of the (mostly) good weather and organise some in-house sporting events. Each team member donates to take part and the winner has bragging rights for the next month! Go on, get sporty this summer to raise funds.

Wimbledon Sweepstake – spark some friendly competition amongst colleagues by holding a Wimbledon sweepstake. Ask your charity contact for our sweepstake kit to get you started.

One Million Step Challenge – this summer, join our challenge to take one million steps over three months – that's about 10,000 steps a day between July and September.

Take it on at your own pace, in your own way. Walking, dancing, or squeezing extra steps into your daily routine – however you step, every step counts. Find out more [here](#).



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Brunch at work – why not host a brunch at work to get everyone's day off to a flying start? Bring in breakfast and ask for a donation per plate. You can find some great recipes and healthy breakfast ideas [here](#).

Why not host a brunch at work to get everyone's day off to a flyer?



Charity auction – auctions can be a great way to create a buzz around your fundraising. Ask your contacts and suppliers for prize donations and you'll be surprised at how generous people can be!

Tour de France – saddle up for the world's most famous bike race with your own mini Tour de France. Pull on those cycling shorts and set yourselves a challenge, whether it's a sponsored weekend ride or commuting via bike and donating the fare that you save.



If you want any support with your fundraising, please don't hesitate to get in touch with us. Thank you for raising vital funds for people living with and at risk of diabetes.